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## APPEAL TO UNKNOWN VICTIMS OF PAEDOPHILE

POLICE believe a serial paedophile may have abused children in care homes across Essex and London.

The Metropolitan Police's child abuse unit has appealed for victims to come forward and report attacks by John Cowan, 72, of Littlebourne in Lewisham.

Cowan – known by the nickname 'Jock' – was jailed for eight years last week over historic child sex abuse.

He committed the offences while working at an Ealing children's home, but lived in Chelmsford at the time of the attacks.

Police said he had worked in care homes around the country, including Essex, and it was 'highly likely' that there were more victims yet to report their abuse.

Jurors convicted Cowan after hearing he had 24 prior convictions for child sex abuse.

In 1994 he was jailed for 12-and-a-half years over 16 child sex abuse charges and ordered to sign the Sex Offenders Register for life.

He worked as a house father at the

Ealing home for two years between 1971 and 1973, while living in Essex.

His offending there came to light in January 2013, when a woman attended Shepherds Bush police station to report having been sexually assaulted when she was seven or eight years old.

She told police Cowan had abused her in the attic at the children's home. A police probe uncovered five more victims.

Cowan abused five girls aged between five and ten, and one boy, who was six years old.

A Metropolitan Police spokesman said: "The male victim described how on more than one occasion Cowan had taken him from his bed, saying the boy needed the toilet. Once inside the bathroom, Cowan sexually assaulted him."

Cowan was arrested in July 2013. He was jailed last Thursday at Harrow Crown Court for ten counts of historic indecent assault and one count of gross indecency.

Investigating officer DC Cathy

Hewitson, from the Met's Child Abuse Investigation Team in Northwood, said: "Cowan took advantage of his senior position at the home to abuse a number of vulnerable children, the majority of whom had already suffered heartache and trauma in their short lives and should have been in a trusted environment. I praise the courage of the victims in coming forward and reliving this very difficult period in their lives, forced to give evidence in open court by Cowan's refusal to admit his crimes."

"Cowan worked in a number of children's homes in Essex, London and Scotland from the 1970s onwards. It is highly likely there are other victims out there who perhaps have felt too scared to come forward before or thought there was little point given the passage of time. This conviction proves it is not too late to bring Cowan to justice and I would ask anyone with information to contact us in confidence."

Anyone with information can con-



**John Cowan molested children while living in Chelmsford**

tact the Child Abuse Investigation Team on 0208 246 1901 or call Crimestoppers anonymously on 0800 555111.

## Arrests made as police crack down on criminals

POLICE have arrested 36 people as part of an operation to crack down on criminals working across east London and Essex.

The arrests were made on Tuesday by officer from both the Met and Essex as part of Operation Lockdown.

Offences being investigated included burglary, robbery, impersonating a police officer, possession of an offensive weapon, possession with intent to supply drugs and affray.

A spokesman said: The operation saw officers from Hackney, Tower Hamlets, Waltham Forest, Redbridge, Newham, Barking and Dagenham, Enfield and Haringey boroughs out in force to

disrupt travelling criminals and prevent cross-border crime.

A total of 40 vehicles were seized. Also during the operation, one stolen vehicle was recovered.

The arrests were split between several boroughs:

Waltham Forest – arrests included four for possession of Class B drugs and the recovery of five large bags of cannabis. Further cannabis was seized during an address search warrant.

Redbridge – arrests included two for possession of both Class A and B drugs.

Havering – included an arrest of a prolific offender for driving offences.

Barking and Dagenham – included arrests for

possession of an offensive weapon, burglary and an offence of impersonating a police officer.

Temporary Chief Inspector Martin Kirby, from Barking and Dagenham Borough, who co-ordinated the operation, said: "This operation has been very successful. We have utilised the skills of MPS officers based locally on Boroughs and provided resources to support this local activity from within some of our Specialist Units."

"Borough officers have continued to target burglary and robbery offenders and crime hotspots. Unlike our previous operations we have also focused on violent and gang offenders this time around."

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## Competition

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For further information and tickets  
call the Cliffs Pavilion Box Office on  
01702 351135 or visit  
[www.southendtheatres.org.uk](http://www.southendtheatres.org.uk)

To win one of 10 pairs of tickets to  
the show, which starts at 8pm, just  
answer the following question.

**Q: Which group was Diana Ross a  
founding member of before pursuing a  
solo career?**

**A: The Supremes**  
**B: The Temptations**  
**C: Jackson 5**

To enter the competition telephone  
your answer – A, B or C – to (0901 307  
1686) along with your name, address,  
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Alternatively text YAMOTOWN  
(space) followed by A, B or C, and  
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63333.

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**PROUD:** Zahraa Adam with her Overall Social Worker and Newly Qualified Children's Social Worker of the Year Awards

## Social worker wins top national awards

A SOCIAL worker from east London has won two top awards for her work with vulnerable children.

Zahraa Adam, from Ilford, was crowned Social Worker of the Year, and newly Qualified Children's Social Worker of the Year at a ceremony in London. She works for Essex County Council mainly with unaccompanied asylum seeking children.

Judges at The Social Worker of the Year Awards 2014 described her as a "passionate, innovative and creative practitioner" and were impressed with how she is using each of these traits to successfully engage with service users.

Zahraa said: "I'm in shock. To win

the award for Newly Qualified Children's Social Worker of the Year is amazing and I wasn't expecting it at all.

"But to then win the Overall Social Worker of the Year Award is an absolute honour. Social work is my life – it's not just a job for me, it's my passion, my career and it's just so nice to be recognised."

Zahraa was presented with her awards in front of an audience of 350 social workers and representatives of the profession. The evening was opened by Nicky Morgan, Secretary of State for Education and included a video testimonial from Norman Lamb Minister of State for Care and Support.

## Rev turns to music for church repairs

**SING:** The Reverend Malcolm Boulter is looking to raise funds for his church  
Photo by Mark Cleveland



A PARLOUR evening has been organised to raise money for church repairs.

The Reverend Malcolm Boulter is to serenade an audience at South Chingford Congregational Church, in Chingford Mount Road, Chingford, on Friday, December 12.

The evening of songs and music starts at 7.30pm.

A donation of £7 is requested, which includes refreshments.

Mr Boulter regularly holds parlour evenings and has raised thousands towards repairs, including improving heating and replacing windows.

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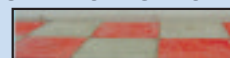
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# Survivor's moving story

By Matthew Stanton

waltham@yellowad.co.uk

A SURVIVOR of the Holocaust who lost her entire family in Nazi concentration camps has spoken to children about life growing up.

Vera Schaufeld, from Wembley, took the time to share her memories with students at Normanhurst School, in Station Road, Chingford.

The 84-year-old spoke to pupils about how she was born into a Jewish family in Prague, Czechoslovakia, which was occupied by the Nazis in 1939 under the orders of Adolf Hitler.

Aged nine she was put on to a train to England but her parents failed to get a visa and after the war ended, in 1945, she was told by letter that none of her family had survived.

Claire Osborn, headteacher at Normanhurst School, said: "It is a privilege for us to welcome Vera Schaufeld to our school and her testimony will remain a powerful reminder of the horrors so many experienced. We are grateful to the Holocaust Educational Trust for co-ordinating the visit and we hope that by hearing Vera's testimony, it will encourage our students to learn from the lessons of the Holocaust and make a positive difference in their own lives."

After leaving her home country, Vera was taken in by a foster family in Bury St Edmunds, Suffolk, and was sent to a boarding school with the daughter of the family, a girl called Betty.

Her home in Klatovy was destroyed and she never returned.

Vera went on to train as a teacher and after she qualified she spent some time in Israel where she met her husband of 62 years, Avram.

GENERATIONS: Vera Schaufeld talks to pupils



Karen Pollock, chief executive of the Holocaust Educational Trust, said: "The Holocaust Educational Trust educates and engages students from across the UK, from all communities about the Holocaust and there can be no better way than through the first-hand testimony of a survivor."

"Vera's story is one of tremendous

courage during horrific circumstances and by hearing her testimony, students will have the opportunity to learn where prejudice and racism can ultimately lead.

"At the trust, we impart the history of the Holocaust to young people, to ensure that we honour the memory of those whose lives were lost and take

forward the lessons taught by those who survived."

HISTORY: Railway tracks leading into the entrance of Auschwitz-Birkenau death camp Photo by Matthew Stanton



MEMORIES: Students look at old photographs of Vera as a child

## The Holocaust Educational Trust

THE trust was established in 1988 and works in schools, universities and in the community to raise awareness and understanding of the Holocaust.

Since 2005 the Holocaust Educational Trust has received Government funding for its flagship, Lessons from Auschwitz Project, which gives two young people from every school and college in the country the opportunity to visit Auschwitz-Birkenau.

The trust also played a crucial role in the establishment of Holocaust Memorial Day in the UK.

## Fact Box

- The term Holocaust, originally from the Greek word "holokauston" which means "sacrifice by fire", refers to the Nazi persecution and planned slaughter of the Jewish people.

- It is estimated that 11million people were killed during the Holocaust. Six million of these were Jews.

- The Nazis killed approximately two-thirds of all Jews living in Europe. An estimated 1.1m children were murdered in the Holocaust.

- Auschwitz was the largest concentration and extermination camp built. It is estimated that 1.1m people were killed there.

- The Nazis built six extermination camps: Chelmno, Belzec, Sobibor, Treblinka, Auschwitz, and Majdanek. (Auschwitz and Majdanek were both concentration and extermination camps.)

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**FUNDS:** Marathon runners Mary Smith and Michelle Lawfull are to hold a coffee morning to raise money for Children with Cancer

## Cuppas for child cancer charity

SCHOOL governors have organised a coffee morning for charity. Michelle Lawfull, chairman of Handsworth Pre-School, and Mary Wilson, chairman of Handsworth Primary School, are raising money for Children with Cancer inside All Saints

Church, in Church Avenue, Highams Park, on Wednesday, December 10, from 9am to noon.

The women, both 40, are also running next year's London marathon for the same charity. Michelle ran the 26-mile race

for the first time last year for friend, Natalie Lewis, who died of stomach cancer in September last year aged 33. Mother-of-two Mary is also running her second marathon. To donate visit [www.justgiving.com/Michelle-Lawfull](http://www.justgiving.com/Michelle-Lawfull).

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# Head turns failing school around

A TALENTED headteacher has turned a failing Rainham school into a major success story.

The Brittons Academy in Ford lane, was rated as poor by Ofsted in September last year.

But a follow-up inspection, on November 6 and a report published last week, found that action taken in the past year has overseen improvements.

Head Stuart McLaughlin welcomed the report and said he was proud of the work staff and students had put in.

His efforts were recognised by Ofsted inspectors who visited the school.

Mr McLaughlin praised his staff who were "totally committed to the new training regime" he had introduced.

He said: "I have bought in intensive training for our staff. This is based on teachers observing each other at work, then giving each other feedback."

He said that all staff were now immediately able to identify underachieving students.

He added: "We now ensure anyone underachieving is put on an accelerated learning programme."

"This can be done either by giving the pupils extra learning either after school or at lunchtime. We also do one-to-one tuition. The students are more than happy to co-operate."

Mr McLaughlin said at Brittons there was now a real focus on the importance of learning to do your best.

In a letter to Mr McLaughlin, Ofsted inspectors said: "The visits to lessons indicated that feedback is regular and detailed, and students are rating their grasp of the skills taught in their written responses."

"Teachers know what is expected of them to raise standards further and are using the training opportunities, including

visits to partner schools, coaching, and peer-to-peer support, to develop their practice."

The inspectors also said that students told them that small tutor groups were beneficial in keeping them focused on their learning.

Students also said lessons were more engaging, challenging and well-structured.

Mr McLaughlin added: "I am incredibly pleased with the progress of the academy over the past year – we are definitely a school on the up and are now making rapid progress. The quality of teaching is improving at pace and standards of achievement are increasing also."

"I am proud of the commitment and dedication of my staff to improving the school. I am also very proud of our students, who are fantastic and are working hard to improve their results."



**TALENTED: Headteacher Stuart McLaughlin** Photo by Mark Cleveland

## "Business is flowing now that customers can find me online"

Hamish Erskine, plumber in Exeter



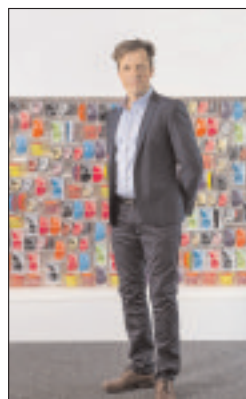
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The Business is GREAT Britain website can give you all the help and advice you'll need to develop your business. From links to organisations and resources, to information about the many Government schemes and initiatives available, it is a one stop shop of support.



Shaun Pulfrey, Founder and CEO of Tangle Teezer Ltd, explains how Government support has helped his firm to access new markets:

*"Being successful overseas is about getting the right knowledge, insight and support. The place to find this is the Business is GREAT website. It hosts all of the advice and information that businesses might need on topics from finance to hiring new staff."*

*"One of the key success factors in the international growth of Tangle Teezer has been the support we received from UKTI to help us access new markets, which enabled us to identify and plan our expansion - particularly when it came to selecting partner organisations in foreign markets."*

*"The UK was never going to be a big enough market for us. It's been six years since we started this business and we now export to countries from Holland to China. In fact, China is our second biggest global market."*

Helen Thomas, Managing Director of Westons Cider, describes how Government advice has helped the company to develop:-

*"In business, it's really important to know where you're going and how to get there. At Westons, we wanted to be here for future generations. To achieve this, we needed to grow. Without growth, we'd stand still; and if you stand still, you go backwards."*

*"While the quality of our product is important, our employees are central to our success. That's why we created the Westons Academy, which provides training programmes for our staff to learn and progress. This investment has undoubtedly helped us to grow. We now export to more than 40 countries and have established a business in Australia."*

*"We've harnessed Government support to help us get to where we want to be and I'd recommend that other businesses do the same. It's great that all of the information that businesses need, can be found in one website"*

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# It's a yes from me: Tulisa stops by for a drink and a pie

SHOCKED regulars at a Harold Wood pub could not believe their eyes when former X Factor judge Tulisa Contostavlos popped in for a drink and bite to eat.

All eyes were on the star, who strolled into the pub in Shepherds Hill with pals.

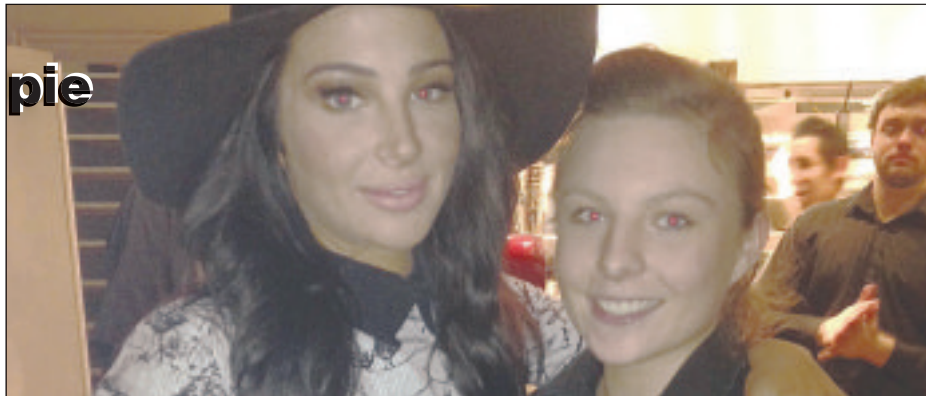
Shepherd and Dog manager Alex Wisbey said: "Tulisa joined us with her friends on Friday and enjoyed our chef's homemade pie, mash and liquor for dinner."

The 26-year-old former N-Dubz singer signed autographs for fans then wolfed down a plate of king prawns followed by the traditional East End staple.

The pub regularly features on ITVBe show The Only Way is Essex.

Mr Wisbey said: "We'll be more than happy to welcome Tulisa back to the Shepherd and Dog anytime."

Tulisa, pictured with waitress Sarah O'Brien, is preparing to release her latest single, Living Without You, next month.



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## ESSEX BUTCHER WINS GOLD AGAIN



**ESSEX butcher, C Johnson & Son Ltd, has scooped a staggering 11 awards at a national butchery competition.**

Alongside four gold awards, the quality butchers also picked up three silvers and four bronze awards last month, during the national Smithfields Awards.

Their success follows three other awards at the National BBQ Awards in the summer.

Owner, Chi Johnson, said: "We are constantly trying to improve on new products as well as existing award winning foods.

"The products that won were some old family recipes such as Salt Brisket of Beef, Nanny Grace's Black Treacle Bacon and Honey and Mustard Roast Gammon Ham. All our products are hand made by us using only the finest local ingredient."

The awards were presented by Mathew Fort, food critic for The Guardian and judge from the highly acclaimed Great British Menu BBC television series, during a special event that took place in the historic Butchers Hall in

London, which was joined by more than 50 of the UK's best butchers.

C Johnson & Son Ltd's awards included gold awards for their Honey Mustard Ham in the Ready to Eat section, their Nanny Grace Black Treacle Bacon and Salt Beef in the Bacon and Cured Products section, and their Chicken, Chorizo and Mozzarella in the Kitchen Ready section.

Silver awards went to their Italian Lamb in the Burgers category, their Beef Lasagne and Slow Cooked Chilli with Chocolate and Cumin Silver in the Ready Meals, and their Pulled BBQ Brisket Pantle in the Hot Eating Pies category. Three further bronze awards were gained for their Writtle Pork Pies, Sausages and Sausage Rolls in the Cold and Hot Eating Pies sections and the Sausage category, and a fourth bronze was gained for their Lamb Moussaka in the Ready Meals category.

To see for yourself what C Johnson & Son has to offer call into the food hall at **107 Corbets Tey Road, Upminster**, call **01708 224 844** or visit [www.cjohnsonbutchers.co.uk](http://www.cjohnsonbutchers.co.uk)

## Keeping in touch is always better in person.



If your older persons Freedom Pass expires on 31 March 2015 you will receive a letter by the end of December telling you how to renew your pass. You must follow the instructions in the letter to make sure you receive your new pass and continue enjoying free travel.

The quickest and easiest way is to renew online but if you are unable to do this, you can return the form enclosed with your letter.\*

To find out more, go to [www.freedompass.org](http://www.freedompass.org) and stay connected.



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# Joy as student's cycling poster hangs in museum

ART student Alexandria Noon who won best poster design in a Transport for London (TfL) cycling competition has seen her work displayed at the London Transport Museum.

Alexandria's design was about healthy life choices and encouraged children to ride to school in a competition which celebrated the Tour de France returning to London.

TfL organised a programme for cycling challenges and to develop school plans to promote positive lifestyles.

Alexandria was awarded with prizes for her winning poster at

a seminar at the museum in Covent Garden.

Dipti Pandey, head of art accompanied the students on the trip.

She said: "I was very proud and pleased with the students' achievements and the way they represented the academy."

Year 8 student Alexandria said: "I thought the award ceremony was great fun."

"When I got home I couldn't stop talking about it. I was really pleased that our school got to go and would love to do all this again."

Mum Jane and dad Rob said:

"We were both overwhelmed with Alexandria's achievement when we saw her work hanging on the wall in the transport museum."

Alexandria's grandparents said: "We are so proud of our granddaughter Alexandria taking part in the Transport for London competition and winning."

Brittons Academy has supported and created excitement that feeds positive attitude towards learning."

Alexandria's winning design will be sent to secondary schools across London.



**PROUD:** Alexandria Noon with her winning design Photo by Martin Dalton

## "Searching for business support is more fruitful now everything is in one place"

**Helen Thomas,**  
Managing Director of H Weston & Sons Ltd



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## Company guilty after food poisoning death

MITCHELLS and Butlers, the company that owns the Railway Hotel, Hornchurch, has been found guilty of placing unsafe food on the market following an incident of food poisoning in December 2012.

Former manager, Ann-Marie McSweeney, of Suttons Avenue, Hornchurch and former head chef, Mehmet Kaya, of Water Lane, Purfleet, have been found guilty of doing acts tending and intended to pervert the course of public justice.

Sentencing of all parties will take place on Thursday, January 8, 2015.

Snaresbrook Crown Court heard on Wednesday that a total of 33 diners became ill and one tragically died after eating at a Christmas dinner at the Railway Hotel on Christmas Day 2012.

Owned by Mitchells and Butlers PLC, their registered office is in Fleet Street, Birmingham.

Havering Council visited the premises in Hornchurch in December 2012 after receiving complaints from diners.

The court heard a year-long investigation ensued which found the reason for the illnesses was food poisoning, caused by clostridium perfringens bacteria, because the turkey meat was either not cooked adequately or not reheated properly.

McSweeney and Kaya were on trial for placing unsafe food on the market, and perverting the course of justice.

## ➤ speedread

● **HUNDREDS** of residents turned out to see Father Christmas in Hornchurch last weekend to celebrate the town centre's Christmas Cracker event on Saturday.

The Deputy Mayor of Havering, Councillor Barbara Matthews, launched the event at the Queen's Theatre.

Children met festive characters throughout the town centre before going to see Father Christmas to have their picture taken.

Street performers entertained the crowds until the finale at 5pm when the good fairy from the Queen's Theatre's pantomime, Sleeping Beauty, turned on the Christmas tree lights at the roundabout.

The event was organised by the businesses in Hornchurch in partnership with Havering Council.

The Chair of the Hornchurch Retailers group, said: "The Hornchurch traders firmly believe in our town centre as a brilliant, buzzing place to visit.

"On a grey drizzly day in November, we were delighted that hundreds of visitors clearly agreed with us and enjoyed the performers, the festive atmosphere, the food and drink, the rides, and the great shopping in the heart of Havering."

● **CAKE** lovers will get the chance to sample cupcakes at this month's budding bakers challenge.

Eaters are needed to sample the sweet treats while bakers compete for the best cake. This month's theme is a gift for Santa.

All money raised from the event will go to St Francis Hospice.

Baking and eating takes place on Sunday December 7 at MyPlay Youth Centre, 343 Dagnam Park Drive, Romford at 3pm. For information

mailcupcakelondon@gmail.com Phone 07769 953 185

What do you think?  
Write to Readers'  
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# Film archive asks for footage

A PROJECT that focuses on the capital's cinematic heritage was in Havering on Wednesday.

Film London's London Screen Archives is on the road with, London - A Bigger Picture.

The project has appealed for people to donate film footage to add to the collection.

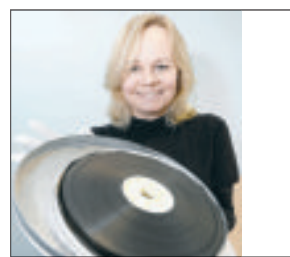
The programme featured gems from other film archives across the city - reflecting the varied cultural heritage of London's outer boroughs.

London's Screen Archives film archivist Louise Pankhurst introduced the films alongside local studies experts, who explained how the films fitted into Havering's history.

Rebekah Polding, Film London's London Screen Heritage manager, said: "London: A Bigger Picture is not just celebrating the film archives held across the capital, it is also ensuring they stay packed full of rich material. We hope people across the city will be inspired by the project to donate films to their local archive."

"Donors won't just help to enrich the collection, they'll be preserving precious memories of the local area that will show what living in Havering has been like over the decades."

Adrian Wootton, Chief Executive of Film London and the British Film Commission, said: "We want to



**GET INVOLVED:** Film footage of London Photo by Mark Cleveland

reach as many local people as possible to get them to engage with archive film and donate their home

videos. I urge the people of Havering to get involved and unearth their hidden gems so we can build and share a comprehensive picture of the London on film."

London: A Bigger Picture is funded by the Heritage Lottery Fund with support from the BFI and Creative Skillset.

It provides a unique opportunity for people in 15 London boroughs to see and learn about historic film of their areas as well being able to share their own memories and donate their own home movie records.

Anyone interested should contact screenheritage@filmlondon.org.uk or visit the Film London website.

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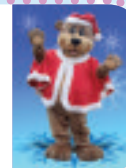
Sunday 14  
December  
Saturday 20  
December

### Children's face painting

Saturday 6 and 13 December  
**Free face painting all day**  
Saturday 20 and Sunday 21 December

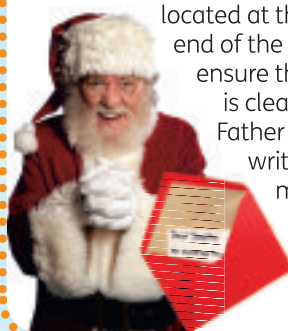
### Costumed Reindeer & Santa Bear

Saturday 20 December,  
11am to 4pm



### Letters to Father Christmas

From Weds 3 December, on **Market days only**, all the good boys and girls can post their letters to Father Christmas in his magical post box located at the Clock Tower end of the Market. Please ensure that an address is clearly included so Father Christmas can write back. Letters must be posted by Weds 17 December to ensure a reply.



### Meet Rudolph & Comet

Monday 22  
December  
11am  
to 3pm



### Hornchurch Drum & Trumpet Corps

Saturday 13  
December, 11am  
Saturday 20  
December, 1pm



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# Win five family tickets to see The Hoff in pantomime

DAVID Hasselhoff, aka The Hoff, stars as pantomime's ultimate baddie, Captain Hook, with the country's favourite panto dame Christopher Biggins in the Cliffs Pavilion's biggest and most exciting panto ever.

Peter Pan promises a treasure-chest full of comedy, much seasoned silliness, stunning flying sequences, and the perfect festive treat for all the family – and we have five family tickets to join in the fun.

David, who is best known for his roles as Michael Knight in Knight Rider and Mitch Buchanan in Baywatch, is thrilled to be heading to Southend this Christmas as pantomime's ultimate baddie.

He said: "I love performing in pantos. It's a wonderful British tradition and a great excuse to get the whole family together and enjoy a wonderful and entertaining time at the theatre."

If you want to be hooked by this swashbuckling pantomime adventure which has been enthralled audiences for decades, make sure you book your seats – the show is in Southend from Saturday, December 13, and Sunday, January 11.

For further information and tickets call the box office on 01702 351135 or visit [www.southendtheatres.org.uk](http://www.southendtheatres.org.uk).

For your chance to win one of five family tickets, each valid for two adults and two children, for the 7.30pm performance of



Peter Pan at the Cliffs Pavilion on Sunday, December 14, answer the following question.

**Q: What is the name of the group of boys who are Peter's companions in Neverland?**

**A: The Missing Boys**

**B: The Stray Boys**

**C: The Lost Boys**

To enter the competition telephone your answer – A, B or C – to (0901 307 1687) along with your name, address, telephone number and email.

Alternatively text YAHOOK (space) followed by A, B or C, and your name, full address and email to 63333.

Calls cost 51p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates.

If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Monday, December 8.

Entries received after the closing date will not be counted but may still be charged.

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## Saturday, December 6

■ Flamingo Fairs Christmas Fair, Churchill Room, Wanstead Library, E11, 11am-4pm.  
■ West Essex Ramblers, meet at King's Head, North Weald, 10.30am, 020 8502 1628.  
■ Table Top Sales – St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, DVDs, noon-3pm, cost per table from £8, call 074753 782726, first come first served basis.  
■ Tennis – Small club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over-50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.  
■ Ante-natal Yoga – Quaker Meeting House, Bush Road, Wanstead, E11, 10am-noon, Mon, 6.45-8.45pm. Post-natal yoga, Sat, 12.05-1.15pm. 020 8923 6452.

## Sunday, December 7

■ Ilford and District C.H.A Rambling Club, meet at Debden Station at 2pm, info: 020 8926 4593.  
■ Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).  
■ Sunday service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.  
■ Sunday services – Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.  
■ Sunday services – Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon. 012794159441.  
■ Learn to dance Modern Jive – Hainault Forest Community Centre, 7-10.30pm. 07768 005858.

## Monday, December 8

■ Arts and Crafts – Unity Hall, Bramley

Close, (off Oakfield Road), Walthamstow, friendly group for adults, 020 8527 1454.  
■ Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, 7pm, admission free. 020 8592 8821.  
■ Rehearsals – Redbridge Ladies' Choir, Palmer Catholic Academy, Seven Kings, 7.45-9.15pm, 020 8551 9895.  
■ Rehearsal – The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite Tube station), 7.15pm, new members welcome. 020 8505 4329.  
■ Forest Highlanders – The Forest Highlanders Pipes and Drums, St Cedd's Church, Seven Kings, 8pm.  
■ Bingo – Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, 1.30pm.  
■ Multi-denominational Healing – Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barking, IG6 1PS (next to public car park, Fullwell Cross roundabout), 7-9pm, no charge, donations welcome. 07971 536581.  
■ Yoga Classes – The Peterhouse Centre, Walthamstow, 1-3pm and at Tiptree Community Hall, Barking, 7.30-9.30pm, call Kay Russell 020 8554 7168.

## Tuesday, December 9

■ Illustrated RSPB Talk – St Mary's Church, Gwinnell Room, 207 High Road, South Woodford, E18 2PA. 8pm, £3.50, call David 020 8989 4746.  
■ New Affinity Friendship Club and Social Club. Days out, weekends away, theatre/cinema loads more activities 07731 969819. www.newaffinity.org.uk.  
■ Gadabouts Social Club – Havering Indoor Bowls Club, Hornchurch, 8.15pm, for single people aged 40-plus, details 07528 370643.  
■ Stroke Club – Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, 1.30-4pm. 020 8595 3973.  
■ Senior Citizens Club – United Reformed Church Hall, Upney Lane, 1.30-4pm, games, bingo, quizzes, buffet, disabled facilities.  
■ Gale Singers Ladies Choir – Hatfield Community Centre, Hatfield Road, off Hedgemans Road, Dagenham, 10-11am, details Janet 020 8592 2270.  
■ Duplicate Bridge – Parkside Community Centre, (corner of Goodmayes Lane and Longbridge Road) Barking, 1.30-4.30pm, no beginners, call Jim (pref. 5.30-6.30pm) 020 8592 0397.  
■ Rehearsals – Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, 8-10pm. 020 7474 7926. Gilbert and Sullivan (Gondoliers -2015),

songs from the shows, old time music hall.  
■ Come Sing With Us – Pearl Hiller Concert Choir, Gants Hill, 1.30-3.30pm, call Pearl 020 8554 1240.  
■ Barking Road Runners – Meet Barking Abbey School Leisure Centre, Woodbridge Road, 7.15pm, and Thurs for experienced or fun runners, over 16 years. 020 8594 4602.  
■ Whist Drive – British Legion Club, Ilford, 7.45pm. 01708 555478.  
■ Line Dancing – Walthamstow Trades Hall, intermediates, 8-11pm. 07968 036373.  
■ Circle Dancing – King Solomon High School, Barking, 8-10.30pm, no partners necessary, details 07956 592938.  
■ Square Dancing – American Square Dance Club, Fullwell Cross Library, Barking, 8-10.30pm, beginners welcome.  
■ Tea Dance – Woodward Hall, Woodward Road, Dagenham, mainly ballroom and Latin American, 2-4pm. 020 8592 8402.  
■ Folk Dance – Redbridge Folk Dance Group, King Solomon High School, Forest Road, Barking, 8-10pm. 020 8559 8505 (eve).  
■ Salsa Classes – Latin aboard the Tereza Joanne, moored at King George V Dock, E16, 7.30pm. 020 7511 5000.  
■ Fitness Classes – The Wesley Hall, Methodist Church, Loughton High Road, 10.30-11.45am, safe, low impact. 020 8508 3346.  
■ Sahaja Yoga Meditation – 1a Jewel Road, Walthamstow, learn to meditate, relax, de-stress, free, 7.30pm, 07931 851954.  
■ Yoga Classes – Redbridge Social Centre, rear of 188/190 Beehive Lane, Ilford, for beginners and mixed ability, 2-3.30pm and 7.30-9pm. 020 8550 0689.  
■ St Francis Mother and Toddler Club – Evangelical Church, Fencepiece Road, Barking, 1.30-3pm, adults £1.  
■ Duckling Club – Parent and Toddler Group, Ley Street Chapel, 367 Ley Street, Ilford, 10am-noon. 020 8514 1255.

## Wednesday, December 10

■ Talking Hands – friendly club for the deaf and hard of hearing, 10.45am-2.45pm, York Room, Ilford Library.  
■ Table Tennis, Forest Community, Guildford Road, Walthamstow, 8pm, details Ray Massey 020 8524 4289.  
■ Friends Club, St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), 1-4pm, short mat bowls and snooker, 50p per session.  
■ Live Blues Jam – Coach and Horses, 391 High Road, Leyton, featuring guests, regulars and house band musicians, £2 listeners, £1 musicians, all welcome – singers and drummers especially, 8.30-

11.30pm. 020 8502 0351.  
■ Ilford No. 1 Senior Citizens Club – Royal British Legion, Durban Road, Seven Kings, 12.30-3pm, call Eddie 020 8551 5079.  
■ Social Club – Wanstead House, The Green, E11, quizzes, table tennis, card games, debates, talks, scrabble, 8.30-10.30pm. 020 8514 9046.  
■ Bingo – Royal British Legion Club, 31 Duntun Road, Leyton, 7.30-10pm.  
■ Clairvoyance – Little Ilford Christian Spiritualist Church, Third Avenue, Manor Park, spiritual healing 12.30-1.45pm, services with clairvoyance 2pm and 7.30pm, freewill offerings accepted. 020 8514 4030.  
■ Keep Fit for over 50s – Debden Park Community Association Hall, Willingale Road, 10.30am. 020 8508 3346.  
■ ICT skills training, inc internet and email. Castle Green Community Centre, Gale Street, Dagenham RM9 4UN. To book call 01708 524897.  
■ Dance Fit-Chair Class and Bingo, Ardleigh House 12.15pm £3-free tea or £5+free tea and bingo. Call 01708 440660.

## Thursday, December 11

■ Need a chat and a cuppa with a friendly face? Weekly drop-in, St Andrew's Church, Church Road, E17 6AR, 2-4pm.  
■ Circle Dancing to World Music – Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4 inc refreshments, beginners welcome, no partner needed, details Pat 020 8556 3508.  
■ Meeting – Ilford Centre Townswomen's Guild, St Alban's Church Hall, Albert Road, Ilford, 2-4pm.  
■ Wanstead Rotary Club, County Hotel, South Woodford, 1-2.15pm, call David 020 8989 2701.  
■ Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, 2-4pm, £1.50 a session, for people who have had a sad loss to make new friends. 020 8594 6409.  
■ Woodford Symphony Orchestra – amateur orchestra, which performs concert and major symphonies in Redbridge, 020 8504 7783.  
■ Dagenham Camera Club – Wanz Library, Rainham Road North, 8-10pm. 020 8252 2934.  
■ Forest Creative Writers Group – Jazz Archive Room, Loughton Library, Traps Hill, Loughton, 12.45-2.45pm.  
■ Friends Club, St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), 1-2pm keep-fit, 2-4pm bingo and snooker, 50p per session.  
■ Redbridge Stroke Club, Loxford Youth Centre, 2-4pm, enquiries 020 8220 5878.

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\*Applies to bookings made by 12 Dec 2014 quoting promotional code G9QT24. Offer may be withdrawn at any time.



## Amsterdam & Bulbfields Spectacular Cruise

Sailing on board **MS Olympia**  
Departs 11 & 20 April 2015

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- On-board entertainment & English commentary
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Departs May to October 2015

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- Return airport-to-hotel transfers
- One suitcase allowance per person
- The services of a Tour Manager

\*Applies to new bookings made in Nov 2014 on selected 2015-2016 Air holidays. Please quote promo code FREESPEND. Offer may be withdrawn at any time.



## Solar Eclipse and Northern Lights Cruise

On board **Magellan - Maiden Season**  
Departs Mar 2015

The unforgettable highlight will be the opportunity, to experience the last total Solar Eclipse in Europe until 2026 along with the chance of witnessing another celestial phenomenon – that of the fabled Aurora Borealis.

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- 12 nights' full board on board *Magellan* based on two people sharing a twin cabin
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\*Applies to bookings made by 12 Dec 2014. Offer subject to availability & may be withdrawn at any time. Price shown is the new reduced fare.

# Drivetime

## No limit to EcoBoost engine - now in automatic

By Chris Russon

THERE seem to be no limits for Ford's amazing 1.0-litre, three cylinder EcoBoost engine which is now available paired with an automatic gearbox.

The set-up is fitted to the Fiesta and to Ford's B-MAX compact MPV and in the case of the former it transforms the top selling supermini into a car of almost executive grade specifications.

In top grade Titanium X trim it sports features such as keyless entry and start, cruise control, automatic air conditioning and an optional Sony entertainment system that incorporates sat nav.

Digital radio, Bluetooth and Ford's SYNC connectivity system are standard and so are heated front seats and electric windows all round.

With ambient lighting inside and finely stitched leather and fabric upholstery it is a class act in a little car that will set you back £17,995.

But it is how the car drives that is the real eye opener.

The 1.0-litre turbo engine may develop only 100ps but its energy feels more akin to that of a 1.6.

Not so long ago fitting an auto box to such a small engine would

have been considered crazy.

Yet the five speed Powershift system gives the car a respectable 0 to 60 time of 11.2 seconds and a top speed of 112mph. For a little more fun there is a sport mode which results in plenty of power on demand.

Around town it is nicely smooth through the box while cruising at motorway speeds presents little challenge with more than enough in reserve. There's no hesitancy between gears and the whole operation is on the quiet side.

It is on the economy front where the combination of award-winning EcoBoost technology and an auto box comes into its own.

Ford claims an official fuel return of 57.7mpg with emissions of 114g/km and that is a very realistic figure.

On a 200 mile journey at motorway speeds, the car clocked up an average of 50.5mpg and even when commuting it returned 45 to the gallon which is exceptional for an auto.

As with all other Fiestas the handling is top notch and the only criticism could be a rather chunky steering wheel which felt a little too large to the touch.

Boot space is Fiesta standard at



290 litres and space in the back of this five-door model is surprisingly generous for a supermini.

The Fiesta has just become Ford's top selling car of all time with sales of 4,115,000 in Britain since the first model appeared

back in 1976 and with advances such as the EcoBoost engine – three times voted International Engine of the Year since its inception in 2011 – that success looks a certainty to continue.

The Powershift box can be had in

the lower grade Fiesta Zetec five-door model from £15,795 and in Titanium trim for £16,795.

Three door models are £600 cheaper and the auto box carries a premium of £1,200 over manual versions.

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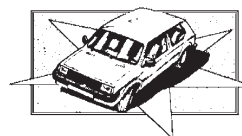
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## Public Notices

### LONDON BOROUGH OF REDBRIDGE

**Town and Country Planning (General Permitted Development) Order 1995 (as amended)**

**The London Borough of Redbridge Article 4(1) Direction 2014 for The If Bar, 71 Ilford Hill, Ilford IG1 2DG**  
**Notice of Article 4 (1) Direction to which Article 6 applies**

NOTICE IS GIVEN that London Borough of Redbridge has made a Direction under Article 4(1) of the Town and Country Planning (General Permitted Development) Order 1995 (as amended), hereinafter referred to as the 'GPDO'. The direction was made on 2nd December 2014 and applies to the address set out below comprising the building and curtilage at: The If Bar, 71 Ilford Hill, Ilford IG1 2DG.

The effect of the direction is that certain permitted development rights (granted under Part 31 of Schedule 2 to Article 3 of the GPDO), shall not apply on the said land and that planning permission will therefore be required for: The Demolition of buildings, being development comprised within Class A: Any building operation consisting of the demolition of a building of part 31, Of Schedule 2 to the said Order and not being development comprised within any other Part or Class. (Note: the above is a summary of the effect of the direction).

A copy of the direction and of the map defining the area to which the direction applies may be seen at the offices of the Council, at the One Stop Shop, Lynton House, 255-259 High Road, Ilford, IG1 1NN between 9.30am and 4.30pm Monday to Friday.

Any representations concerning this direction may be made to the local planning authority within 32 days, this period commencing on 4th December 2014.

Any representations must be made in writing to the Planning and Regeneration Department, London Borough of Redbridge, Town Hall, PO Box 2, Ilford, IG1 1DD or by email to [historic.conservations@redbridge.gov.uk](mailto:historic.conservations@redbridge.gov.uk) by 5th January 2015.

This is an immediate direction, to which article 6 of the GPDO applies. In accordance with Article 6(7) of the Order, this Direction shall remain in force until 2nd May 2015 (being six months from the date of this Direction) and shall then expire unless confirmed by the Authority in accordance with paragraph (9) of Article 6 of the Order, before the end of that six-month period.

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990

**NOTICE UNDER REGULATION TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995**  
**NOTICE UNDER ARTICLE 8**

The following developments affect the character or appearance of the relevant conservation area:

#### Aldersbrook Conservation Area

**4008/14 Applicant:** Mr Woodhouse, 69 Clavering Road, Wanstead, London E12 5EY **Description:** Single storey rear extension.

**3919/14 Applicant:** Mr&Mrs Bell80 Aldersbrook Road, Wanstead, London, E12 5DH **Description:** Change of use from residential care home to hotel.

#### Claybury Conservation Area

**3928/14 Applicant:** Mr Pala 43 Clarence Gate, Woodford Green, IG8 8GN **Description:** Loft conversion with three rear dormers. Four front roof lights and one roof light to each side of the roof slope of two storey rear projection.

**4007/14 Applicant:** Mr Bal, 11 Regents Drive, Woodford Green, IG8 8RZ **Description:** Demolish existing detached garage. Two storey side extension with additional single storey side extension. Two storey rear extension and single storey rear infill extension.

#### The Bungalow Estate (Formerly Mayfield)

**3629/14 Applicant:** Mr Ahmed, 54 Breamore Road, Seven Kings, Ilford, IG3 9ND **Description:** Single storey rear extension and loft conversion with rear dormers.

#### Snaresbrook Conservation Area

**3933/14 Applicant:** Mrs Macneil, 28 Kingspark Court, London E18 2DD **Description:** Demolition and reconstruction of rear garden wall facing onto 'The Drive' public highway.

**3934/14 Applicant:** Mr Downer, 29Kingspark Court, London E18 2DD **Description:** Demolition and reconstruction of rear garden wall facing onto 'The Drive' public highway.

#### Wanstead Grove Conservation Area

**3767/14 Applicant:** Mr & Mrs Rangecroft, 1 Hereford Road, Wanstead, London E11 2EA **Description:** Single storey rear extension.

#### Woodford Broadway Conservation Area

**4052/14 Applicant:** Mrs Bersch, 48 Monkshams Drive, Woodford Green, IG8 0LD **Description:** Proposed two storey side and front garage extension (Summary).

**3821/14 Applicant:** Raees International, Rear of 692-710 Chigwell Road, Woodford Green, IG8 8AL **Description:** Erection of 4 x 2 bedroom dwellings with associated parking and landscaping.

#### Woodford Green Conservation Area

**3816/14 Applicant:** Dr Peters, 3 Mornington Close, Woodford Green, IG8 0TT **Description:** Single storey side extension linking the existing detached double width garage to the existing detached dwelling house.

#### Woodford Wells Conservation Area

**3718/14 Applicant:** Mr Rose, 600 High Road, Woodford Green **Description:** Loft conversion and installation of front/rear dormers to create 1 No. 1 bed residential flat. Erection of rear extensions to provide additional office floor space and dedicated access to residential development. Elevation alterations to existing property. Extension to rear to create two flats over existing car parking spaces.

**3924/14 Applicant:** Dr Venkateswaran, 605 High Road, Woodford Green, IG8 0RE **Description:** Two storey and single storey rear extension with raised patio and steps to garden. Conversion of garage into habitable room with flush window in front elevation.

Proposal does not accord with the provisions of the development plan

**3755/14 Applicant:** Elmpine Developments, 1 Riches Road, Ilford **Description:** Variation to approved application 2978/10 to create basement. (Section 73 Application)

**3958/14 Applicant:** Miss Pinner, Vision Redbridge Culture and Leisure, Fairlop Waters Country Park, Forest Road, Hainault, Ilford, IG6 3HN **Description:** High ropes climbing facility and adventure tower to include children's area. Equipment storage shed.

**3909/14 Applicant:** Swan Housing Association, Development Site At Repton Court And Claire House, Repton Grove, Clayhall, Ilford **Description:** Variation of Condition 2 (Approved Drawings) of planning permission 0664/12: An additional residential unit; Change in housing mix including the introduction of two and four bedroom houses; Repositioning of Blocks I, V, U and Z; An additional car parking space, site maintenance building and mobility scooter shed; Relocation of substation; Associated landscaping and parking layout amendments.

**3350/14 Applicant:** Messrs S S R & B Kudhail, 3 Heron Mews & 52 Cranbrook Road, Ilford, Essex IG1 4NW **Description:** Conversion of upper floors and extension at 1st and 2nd floor levels above 52 Cranbrook Road to provide 4 x 1 bedroom flats and conversion of existing detached workshop building at 3 Heron Mews to provide 1 bedroom unit.

Applications can be inspected online at [www.redbridge.gov.uk/planning](http://www.redbridge.gov.uk/planning) or One Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the Planning Services on 020 8708 2053. Representations should be made in writing to Planning Service within 21 days of the date of this notice. Fiona Dunning - Head of Development Management. Date: 4th December 2014 DM No. 80136648

### NOTICE OF APPLICATION FOR A PREMISES LICENCE UNDER SECTION 17 OF THE LICENSING ACT 2003

**APPLICANT:** GULER NACAR  
**PREMISES:** GROUND FLOOR, 93 SHERNHALL STREET, LONDON E17 9HS

The proposed licensable activity is: SUPPLY OF ALCOHOL BETWEEN THE HOURS OF 07:00am to 11:00pm seven days a week for the premises situated at GROUND FLOOR, 93 SHERNHALL STREET, LONDON E17 9HS.

Full details of the application can be inspected at the address noted below during normal business hours.

Any representations by an interested party or responsible authority regarding this application can be made to: Licensing Service, Public Realm, Sycamore House, Waltham Forest Town Hall Complex, Forest Road, Walthamstow, E17 4SU. Website: [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)

Such representation must be received in writing by: 26th December 2014, clearly stating the grounds upon which the representation is made in relation to the four objectives of the Licensing Act 2003.

It is an offence to knowingly or recklessly make a false statement in connection with an application. The maximum fine for which a person is liable on summary conviction for the offence is £5,000.00.

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## DEFENCE LETS O'S SIDE DOWN

### Leyton Orient

#### Bradford City 3 Leyton Orient 1 By Rowland Lyons at the Coral Windows Stadium

TEN-man Leyton Orient were once again punished for their defensive frailties at the mid-table Bantams last Saturday.

City's Billy Knott, Billy Clarke and Jon Stead netted, with Orient's David Mooney hitting what proved to be only a consolation.

Striker Chris Dagnall was dismissed for a second-half foul.

In a one-sided first-half the O's goal lived a charmed life. Adam Legzdins kept the lacklustre east Londoners in the contest, with a series of fine saves, before former Chelsea junior Knott got the opener the Bantams' pressure deserved on the stroke of half-time.

Orient at least emerged from their shell after the break and their domination paid off when Mooney levelled on 74 minutes with a fine strike – the O's first effort on target.

But two minutes later it all went horribly wrong for Mauro Milanese's men when Dagnall was quite rightly shown a straight red card for a crude challenge on Knott – the fifth O's man to be sent off this season.

City – now with the numerical advantage – retook the lead on 79 minutes when the unmarked Clarke headed home a James Meredith cross.

The O's, however, still seemed to be in the contest, until an 81st minute Legzdins' slip allowed the experienced Stead the easiest of close-range strikes.

Sub Jobi McAnuff rounded off a

"bad day at the office", with a glaring miss seven minutes from time, to leave Milanese admitting: "Once the second goal [the equalizer] came, we dug in. The expectation was then to stay in the game."

The Italian added: "Chris Dagnall's foul was never a red card – but [more like] a yellow card."

"I always try to defend my players and the ball was going away from him – but he was late [in the challenge] from the throw-in."

On-loan Josh Wright said: "The result was very frustrating."

"We came right into the game in the second-half – we got the goal – and I think we had that little bit of momentum."

"Then the sending-off [came]. For me it was never a red card – there were worse tackles from them."

Steve Parkin, City assistant man-

ager, admitted: "We have been playing well and I thought it was only a matter of time before we got a win and we deserved it today."

Goalscorer Clarke added: "I felt we thoroughly deserved the win – it could have been a lot bigger – with all the chances we created."

Orient make the short trip to Gillingham this Saturday for their Johnstone's Paint Southern Area semi-final (kick-off 3pm).

**Bradford City:** Jordan Pickford, Stephen Darby (captain), Andy Halliday, (François Zoko, 80) Andrew Davies, James Meredith, Rory McArdle, Gary Liddle, Billy Knott, Mark Yeates, Billy Clarke, Jon Stead (James Hanson, 90).

**Leyton Orient:** Adam Legzdins, Elliot Omozusi, Scott Cuthbert, Nathan Clarke (captain), Andrea Dossena, Bradley Pritchard (Jobi McAnuff 46), Josh Wright, Jack Price, Dean Cox, Gianvito Plasmatti (David Mooney 65), Chris Dagnall.

Attendance: 12,481

## Romford put pressure on unbeaten Harlow

### Football

#### Romford 2 Harlow Town 2

ROMFORD were unlucky not to record a victory against promotion-chasing Harlow who are still unbeaten in the league.

Things could not have started any worse for Romford when Nathan Cooper fouled a Harlow attacker in the box and ex-Boro striker Alex Read scored against his former club, coolly dispatching the penalty into the bottom right hand corner in the second minute.

After this it was one-way traffic with Romford trying to get back in the match and on eight minutes Jack Barry had a header from Abs Seymour's corner cleared off the line.

But two minutes later it was all square, Tom Richardson picked the ball up in his own half and ran at his marker, beating him easily before playing a neat one-two with Seymour and flicking the ball to Calum Ibe who smashed it low into the back of the net.

Eddie Hart nearly got a second but his header was well saved, and on 23 minutes James Ishmail's long range low drive was tipped wide.

On the half-hour Seymour whipped in a dangerous free-kick that just eluded three Romford forwards before five minutes later the hosts should have taken the lead.

Hart pressured a defender into conceding possession, and when Seymour found an unmarked Tom Richardson at the far post the

winger unusually lost control of the ball with only the keeper to beat and Jamie Dicks' follow-up shot was cleared off the line.

Seven minutes into the second-half and Romford deservedly went in front when Matt Toms met a great Seymour corner and headed the ball into the back of the net.

But the lead was short-lived as Harlow equalised two minutes later when James Smith turned his man and hit a good shot into the net.

Harlow enjoyed their best spell of possession but only forced Aaron Omand into one save low at his near post and the Boro defence comfortably cleared most of the attacks.

With 10 minutes left Toms nearly got his second of the game when he back-heeled the ball just the wrong side of the post after Ishmail had put it back in the mixer.

With two minutes of normal time remaining Harlow's Smith was sent off for a second yellow card which on another day could have been a straight red, diving in recklessly after over running the ball.

Deep into injury time they had their keeper to thank for tipping over a long distance drive from Ishmail that was heading for the top corner.

Harlow looked anything but a team unbeaten and will be happy with the draw after being outplayed for so long.

Romford will be disappointed they could not force a winner but very happy with the performance and commitment of the players.



Debbie Appleton in earlier Essex League action

Photo by Gary Howard

## Another medal for Debbie

### Athletics

DEBBIE Appleton added yet another medal to her tally when she won bronze in Saturday's Essex Veterans Cross Country Championships on the testing Chigwell Row course.

It was her fourth consecutive podium place as Colchester's Sarah Stradling and Springfield's Liz Davies took gold and silver. Jo Sullivan was 22nd with Tracy O'Neill 58th, but the club lacked a fourth finisher so failed to place in the team stakes.

Matt Bland was a fine seventh in the veterans' M40 category, two places better than his 2013 position.

Paul Wyatt was 21st in the same race, with Russ Middleton in 34th and Barry

Ward (56th) completing the scoring four, who were placed seventh.

Gary Howard (85th) and Derek Earnley (101st) flew the club colours in the M50 event.

Lauren Deadman, who last year was a member of the gold medal-winning GB team in the European Cross Country Championships, looks to have missed out this time round. Her 10th place finish in the trials race held at Liverpool's Sefton Park on Saturday, with two under-23s in front of her, leaves her outside the six likely to gain selection for the race in Bulgaria on December 14.

Next Saturday the club athletes travel to Braintree for the third round of the Essex Cross Country League.

### Non-league round-up

## Concord flying high

by Brian Jeeves

CONCORD Rangers showed no signs of an FA Cup hangover after thrashing Boreham Wood 4-0 at the Aspect Arena in the FA Trophy.

Goals from Tony Stokes, Lewis Taaffe, Joe Gardner and James White secured a memorable triumph over a Boreham Wood team who are top of the Vanarama Conference South Division.

The Beach Boys went into the game without the services of frontman Jordan Chiedozie, this after Sky Bet League Two outfit Cambridge United snapped up the 20-year-old on an 18-month contract.

But it was the end of the Trophy adventure for Chelmsford City who lost a thrilling encounter at Bishop's Cleeve by four goals to three.

Michael Cheek, Southend United loanee Jason Williams and Yado Mambo were the Clarets scorers, this after they had trailed 4-0 with 20 minutes remaining.

In the Conference Premier Division, a Joe McNerney goal on the hour was enough to condemn Braintree Town to a disappointing defeat at high-flying Woking.

There was plenty of action in the Ryman League. In the Premier Division, Witham Town won 4-1 against Bury Town, but it wasn't such good news for Grays Athletic who crashed 3-0 at Margate. Billericay Town's scheduled game with Leiston at New Lodge fell foul of the wet weather.

In Division One North, Robbie Rees (2) and Sam Bantick found the net as Brentwood Town saw off Great Wakering Rovers by three goals to nil, while a brace from Harry Cook helped Tilbury to a 2-0 win over bottom of the table Burnham Ramblers.

Aveley picked up the points with a 3-1 success over Dereham Town. Theo Ola, Jack Stevenson and Tyler Devlin netted for the home side, and Joe Bricknell was on target for Barkingside who drew 1-1 at Maldon & Tiptree.

Elsewhere Romford and Harlow Town shared the spoils in a 2-2 draw.

In the Essex Senior League, Clapton led the way, hammering Sawbridge-worth Town 4-0 at the Old Spotted Dog. Barking won an entertaining affair against struggling Southend Manor by the odd goal in five, and FC Romania saw off Sporting Bengal United 3-1.

In the other game, Waltham Forest went down 3-2 at home to Greenhouse London.

The pick of the action in the ProKit Essex Olympian League saw Wadham Lodge win a one-sided Premier Division encounter at Southminster St Leonards by six goals to one.

And there were plenty of goals in Senior Division One.

Ongar Town won a thriller at Canning Town 6-5, while rampant Leigh Ramblers hammered Westhamians 8-2. White Ensign picked up a valuable point from a 2-2 draw with Shenfield AFC.

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